

Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.

homemakers' chat

FOR USE IN NON-COMMERCIAL BROADCASTS ONLY

U. S. DEPARTMENT
OF AGRICULTURE

Monday, December 8, 1941

SUBJECT: "DRIED FOODS FOR DEFENSE." Information from home economists of the U. S. Department of Agriculture.

--ooOoo--

Today I have some information about a group of foods that has been in the news quite a bit recently--dried food of different kinds. And I have special notes about some of the most nutritious of these dried foods--dry milk, dried eggs, dried fruits, dried vegetables--and soup mixtures made up of different combinations of dried foods.

Home economists of the U. S. Department of Agriculture say that drying, which is one of the oldest methods of preserving food, becomes doubly valuable in times of emergency. For dried foods are good shippers and good keepers. In many cases they provide the maximum nourishment that can be shipped in a minimum of space.

Take dry milk, for instance. Dry milk is a powder that takes little shipping space. Both whole milk and skim milk may be dried, but in this country we dry many more times as much skim milk as whole. In the past few years, much of this dry skim milk has been distributed in school lunches and through relief channels to add food value to low-cost meals.

As for food value, here's what you get in dry skim milk. You get all the food value of whole milk that's below the creamline. In other words, dry skim milk is an excellent and economical source of calcium, phosphorus, and riboflavin. It has protein of high nutritive value, and it adds important amounts of thiamin to the diet.

Besides taking up less space and being easier to keep than fluid milk, skim milk has one other advantage. You can use it to make foods richer in nutritious

milk solids without increasing their volume. You can add dry skim milk to the dry ingredients in breads, cakes, or cookies, and thus add food value to them without getting in too much liquid. As for keeping, properly stored, dry skim milk will keep without refrigeration for several weeks.

So much for dry milk. Another "protective" food that's often hard to get in emergencies is egg. Shell eggs, naturally, are very perishable. But dried eggs may be sent anywhere in small packages, and they keep well.

In the past year, egg drying plants in this country have fairly sprouted. Just listen to these large but very descriptive figures:

"Up to this year, the largest amount of eggs ever dried annually in this country was 10 million pounds. These were used mostly by bakeries and other large food concerns. Since last June, the egg drying capacity of this country has been stepped up to a possible 150 million pounds."

In other words, plants can dry 15 times as many eggs now each year as they have dried in any one previous year. Reason for the big step-up in egg-drying capacity of course is national defense. In addition to our regular uses for this form of egg, we need large additional amounts for our armed forces, and for export to Britain under terms of the Lend-Lease Act.

Dried eggs can be 'reconstituted' by adding water. About 2 tablespoons of powdered or flaked whole egg and 2 tablespoons of water equals 1 whole egg. You can use dried egg in most all recipes calling for egg. Dried eggs keep most of the food value of whole fresh eggs, as far as is known. Properly dried, eggs will keep at room temperature for a year. However, it is generally better to keep them in a fairly cold place.

Perhaps you can't remember it, but during World War one a number of nutritious soups made from mixtures of various dried foods went abroad to the Allied armies.

During the past year or so, many soup mixtures have been sent abroad by the Red Cross to war refugees. But many of these modern soup mixtures have been considerably improved, from the standpoint of food value and also taste. Dried skim milk, dehydrated vegetables, and soybean flour are some of the foods used in them to make them better tasting, quicker cooking, and higher in food value than they would be otherwise.

Dried fruits are another kind of dried food excellent for shipping abroad. American homemakers have long appreciated the good flavor, food value, and economy of commercially or home dried fruits. Besides the familiar wrinkled prunes, apricots, raisins, peaches, pears, apples, some dried fruits are being sent abroad now in other forms. One of these forms of dried fruit is a dried apple pomace that makes up like applesauce. Others are mixtures of fruit peel and pulp that you can make with other dried fruits into a marmalade just by adding water and cooking a little.

Other dried foods that are especially useful now are the nourishing standbys, such as dry peas and dry beans. Still others are soybean flour, potato flour, and many of the grain products. Also, dehydrated vegetables are now being produced again in greater quantities.

And home economists of the U. S. Department of Agriculture say that foods lose none of their calorie value in the drying process. They probably lose none of their protein or their minerals. As for vitamins, probably they lose varying amounts depending on the food and how it's dried. Some vitamins are lost more often^{and}/in larger amounts than others.

That's the dried food news for today.

#

